



SECTION ONE Standard House Diets

Diet manual

General Diet

Fluid Restriction

General Description

A fluid restriction is a reduction in the total volume of fluid allotted to a patient during a 24-hour period. This restriction can be used in combination with any regular or therapeutic diet. Under ordinary circumstances, a reasonable fluid allowance to meet normal requirements is 1 ml/kcal for children and adults (1.5-3 liters/day) and 1.5 ml/kcal for infants (1 liter/day)¹.

Indications for Use

Fluid restriction is indicated when the homeostatic mechanisms which maintain total body fluids with in narrow limits function abnormally. This may occur in renal disease, congestive heart failure, and other conditions causing abnormal retention of fluid.

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, a fluid restriction in and of itself does not impose any nutrient inadequacies.

Guidelines

- The physician orders the total 24-hour fluid limit. Together with nursing, the unit dietitian determines the portion of fluid to be provided by the Nutrition Department. That portion of fluid is then divided between the three meals (and nourishment, if appropriate).
- Estimates of standard fluid portions are provided to nursing for use in recording Intake and Output.
- Items considered as fluid are those that are liquid at room temperature. These include:
 - Soup (liquid portion without solids)
 - Milk
 - Cream
 - Milkshake
 - Liquid Supplemental Feedings
 - Eggnog
 - Gatorade
 - Canned Soda
 - Frozen Yogurt
 - Ice Cream
 - Sherbet
 - Fruit Ice
 - Fruit or Vegetable Juice
 - Popsicle

Fluid Restriction

- Items that are *not* considered as fluid include:

- Gravy
- Yogurt
- Pudding
- Cooked Cereal
- Watermelon
- Other Fresh Fruits

Fluid Restriction

- Unless the patient's total fluid restriction is severe (i.e., 500cc from Nutrition Department), the free liquid that may accompany a serving of canned fruit is not drained. This will be determined on an individual basis by the unit dietitian.

Reference

1. Food and Nutrition Board, National Research Council: Recommended Dietary Allowance, 9th Ed. Washington, D.C. National Academy of Science, 1980.